

"Simply put, it's a much-needed break - a reprieve from the continuous, stressful demands of caring for an exceptional Family Member (EFM)."

ACS EFMP Respite Care Program is a short, planned period of rest. Simply put, it's a much-needed break - a reprieve from the continuous, stressful demands of caring for an exceptional Family Member (EFM) while increasing opportunities for the Family Member to gain new skills. Accepting Respite Care is a sign of strength. In taking the initiative to help your Family you demonstrate the courage that only our strongest and finest Soldiers possess. You show you are Army Strong. Therefore, the ACS is firmly committed to providing all eligible Families with information and access to fundamental, flexible Respite Care - because rested Families stay Army Strong.

Who is Eligible. You must enroll in the EFMP to be eligible for Respite Care. Enrollment is mandatory. The EFMP was not established to be a detriment to a Soldier's and their Family Members with special needs while meeting the Army's mission to fill needed assignments. Any EFMP Family may benefit from Respite Care information and support. To be eligible for funding from the ACS EFMP Respite Care program, however, the EFM must meet either an educational or medical criteria. These are:

★ **Educational Eligibility:** School-aged children on an Individualized Education Program (IEP) who have at least a moderate disability are eligible for Respite Care funding, as are infants and toddlers on an Individualized Family Service Plan (IFSP) who have a moderate disability or developmental delay, including a high probability for a developmental delay. Respite Care funds do not substitute for services provided by your local or state educational institution for medically related services.

★ **Medical Eligibility:** A medical provider must initiate whether the EFM meets one or more of the following criteria:

- ★ Little or no age-appropriate self-help skills,
- ★ Severe continuous seizure activity,
- ★ Ambulation with neurological impairment that requires assistance with activities of daily living,
- ★ Tube feeding,
- ★ Tracheotomy with frequent suctioning,
- ★ Apnea monitoring during hours of sleep,
- ★ Inability to control behavior with safety issues requiring constant supervision.

See your installation EFMP Manager for more information on educational and medical requirements.

How Does Respite Care Work. For qualified Families, the ACS will subsidize up to 40 hours of care per month, per eligible Family Member. Determination of number of hours based on Family Needs Assessment. Families are free to choose their own respite care worker - from professional respite care workers to Family Members and friends (age 18 and older). Families may also select

whether care is provided in the EFM's home, in the EFMP Respite Care worker's home, or in other settings such as special-needs camps and enrichment programs. The paramount concern is a Family's comfort and peace of mind.



EFMP Resources. Your installation EFMP Manager at ACS is your best resource for complete Respite Care information. After speaking with your EFMP Manager, you may also visit the following links:

MILITARY RESOURCES

- ★ Military Homefront: <http://www.militaryhomefront.dod.mil>
- ★ Military OneSource: <http://www.militaryonesource.com>
- ★ Army OneSource: <http://www.aos.myarmylifetoo.com>

OTHER RESOURCES

- ★ American Network of Community Options and Resources (ANCOR): <http://www.ancor.org>
- ★ Beach Center on Disability: <http://www.beachcenter.org>
- ★ Chapel Hill Training Outreach Project (CHTOP) ARCH National Resource Center: <http://chtop.org/ARCH/National-Respite-Locator.html>
- ★ Family-to-Family Network: <http://www.familytofamilynetwork.org>
- ★ Medicaid Home and Community-Based Services (HCBS) Waivers: http://www.cms.hhs.gov/MedicaidStWaivProgDemoPGI/O5_HCBSWaivers-Section1915@.asp
- ★ National Dissemination Center for Children with Disabilities (NICHY): <http://www.nichcy.org>
- ★ Specialized Training of Military Parents (STOMP): <http://www.stompproject.org>
- ★ USA.gov Caregivers' Resources: <http://www.usa.gov/Citizen/Topics/Health/caregivers.html>

Your Next Step. Remember, you must be enrolled in EFMP to receive Respite Care. So if you're not already enrolled in the program, you'll need to do so.

Contact your installation EFMP Manager at ACS to obtain information about enrollment in EFMP; to qualify for Respite Care; or to receive additional information, resources, or support. For more information, stop by the ACS Center, Building 1526 (located next to the commissary) or call (719) 526-4590 or TTY 526-1949.



Other ACS Programs

Army Family Action Plan (AFAP)

Army Family Team Building (AFTB)

Army Emergency Relief (AER)

Army Volunteer Corps (AVC)

Community Information, Referral & Follow-up Program

Employment Readiness Program

Exceptional Family Member Program (EFMP)

Financial Readiness Program

Fort Carson Mayoral Program

Loan Closet

Military & Family Life Consultants (MFLC) Program

Mobilization & Deployment Readiness Program

Multi-Cultural Support Program

Outreach Program

Relocation Readiness Program

Sexual Assault Prevention & Response Program

Soldier & Family Readiness Program

Survivor Outreach Services (SOS)

Other ACS Facilities

The Family Connection, Building 1354

The Soldier & Family Assistance Center, Building 1039

The Survivor & Outreach Services (SOS) Center, Building 6215

"Sop by and see all that we have to offer you."



For more information, call (719) 526-4590 or email: CARSACSEFMP@conus.army.mil



Army Community Service (ACS)
ACS Center, Building 1526, 6303 Wetzel Avenue
Fort Carson, Colorado 80913-4104
TEL: (719) 526-4590 / TTY: (719) 526-1949
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WEB SITE: www.carson.army.mil
(Click on Directorates & Support) / 020310

FORT CARSON, COLORADO

ARMY COMMUNITY SERVICE



"THE BEST HOMETOWN IN THE ARMY - HOME OF AMERICA'S BEST"

Exceptional
Family
Member
Program



Flexible Support for Exceptional Military Families.

The Exceptional Family Member Program (EFMP) is designed to assist military personnel agencies in making assignments for you by considering the health and educational needs of your Family Member during the assignment process. EFMP works together with other military and civilian agencies to provide a comprehensive, coordinated, multi-agency approach for community support, housing, medical, educational, and personnel services to Families with health and educational needs. A Soldier's enrollment into the EFMP ensures that needed services are available at the gaining installation before the assignment is made.



Exceptional Family Members are defined as a Family Member, regardless of age, who has any physical, emotional, developmental, or intellectual condition that requires special treatment, therapy, education, training or counseling. This includes medical conditions that are being monitored and treated by specialty medical providers and/or family practitioners (i.e. asthma); mental health conditions that are being monitored by mental health professionals and/or family practitioners (i.e. depression); early intervention services provided for a child between the ages of birth to 3 years old as outlined on an Individualized Family Service Plan (IFSP); and/or special education services for children ages 3 to 21 years old as outlined on an Individualized Education Program (IEP).

EFMP Required Enrollees include the Soldiers who have Family Members that meet the criteria for enrollment (children and adults) must enroll in the program:

- ★ Active Army;
- ★ U.S. Army Reserve (USAR) Soldiers in the USAR Active Guard Reserve (AGR) program (mobilized and deployed Soldiers are not eligible for enrollment in the EFMP); and
- ★ Army National Guard AGR personnel serving under authority of Title 10, United States Code and Title 32, United States Code.



Department of the Army civilian employees do not enroll in the program. However, they must identify dependent children with special education and medically related service needs and Family Members with medical needs each time they process for an assignment to a location outside the United States where family member travel is authorized at Government expense.

EFMP Enrollment & Your Career. Enrollment in the EFMP does not adversely affect a Soldier's career. In actuality, it enhances their career by ensuring that they are assigned to a duty location that can not only support the needs of their EFM but will also allow them to complete their mission. That said, keep in mind that there must be a valid personnel requirement for their grade and specialty at a particular duty location. All Soldiers enrolled in the EFMP are still eligible for worldwide and unaccompanied tours, as well as deployments. Knowingly providing false information, knowingly failing or refusing to enroll in the EFMP initially, or knowingly and willfully disregarding the 3 year anniversary to update the EFM condition may be The basis of disciplinary or administrative action.



Special Education & Your Military Assignment. Special education needs are only considered in assignments outside the United States. Public school districts are required to abide by federal & state laws regarding the provision of special education services.

Army Community Service (ACS) EFMP Support Services are an essential piece in ensuring successful coordination of services for your exceptional Family Member. Services provided include information and referral, advocacy (assignment, housing, school, etc.), support group information, respite care for qualifying families, and relocation assistance.

Enrollment In EFMP is simple. The Soldier or Family Member must contact the nearest Medical Treatment Facility EFMP Case Coordinator to begin the assessment process and obtain enrollment forms. The EFMP Case Coordinator will assist in obtaining the necessary evaluations to determine diagnosis and treatment needs and will ensure that enrollment documents are completed in accordance with policy.

Once the forms are completed, they are forwarded to the appropriate regional medical center for coding and entry into the automated EFMP program. his allows assignment managers the ability to coordinate with the Human Resources Command (HRC) EFMP staff regarding assignments. Assignment managers do not have access to the specific medical/educational information contained in the enrollment, but rather must request an assignment query through the HRC EFMP office. Access to enrollment information is limited to EFMP personnel.

Soldiers are responsible for keeping the medical and/or special education needs documentation current as exceptional family member's condition changes or at least every three years, whichever comes first.



Special Needs Accommodation Process (SNAP) is a multi-disciplinary team established to ensure the most appropriate placement of children with special needs. The team meets to review any new applications that indicate any possible special needs and to review concerns regarding children already placed in Child and Youth Services (CYS) programs.

Who may be referred to the SNAP. Some examples of SNAP referrals:

- ★ Children enrolled in the EFMP
- ★ Children who have:
 - ★ Asthma
 - ★ Attention Deficit Disorder
 - ★ Diabetes
 - ★ Autism
 - ★ Epilepsy
 - ★ Down's Syndrome
 - ★ Seizure Disorders
 - ★ Physically Challenged
 - ★ Learning Disabilities
 - ★ Sensory Impairment (Hearing/Vision)
 - ★ Developmental Delays
 - ★ Speech/Language Impairment

Who are SNAP members.

- ★ EFMP Manager
- ★ Army Public Health Nurse
- ★ Child and Youth Training and Curriculum
- ★ Specialists
- ★ Child and Youth Services Coordinator
- ★ Child and Youth Services Program Directors or
- ★ Trainers
- ★ Appropriate Experts
- ★ Parents/Sponsors/Guardians

May I be present when my child is reviewed. YES! It is mandatory that at least one parent or legal guardian attend. According to the EFMP regulation, AR 608-75, 22 Nov 2006. Children will not be able to start in CYS until the review is completed. You will be informed of the date, time, and location of the SNAP meeting. In order to assist the team, you may be asked to bring specific information, such as:

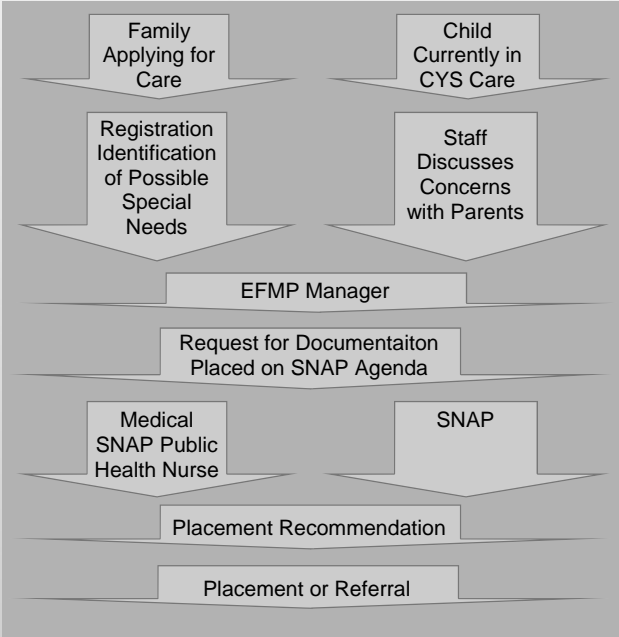
- ★ Medical documentation detailing developmental delays, illnesses, the severity of allergies (exposure, reactions, and treatments), prescription medications, and your expectations of services to be provided by the CYS staff, as well as Educational and Developmental Intervention Program information regarding developmental evaluations, services provided, etc.

If I am not happy with my child's placement in child-care programs, may I request another meeting. Certainly! The team reconvenes if a child's needs change, if the parents desire a different program placement, or if a child seems to be experiencing difficulties in the current placement. Contact the EFMP Manager at (719) 526-4590.

Are providers trained to care for my child's need. All CYS providers are trained and experienced to meet the needs of children with special needs. If your child presents a situation new to the staff, they will receive specialized training before your child is entrusted to their care.

When does SNAP meet. Once a month, usually in the beginning of each month at the ACS Center, Building 1526, located next to the commissary.

Referral Procedures



The SNAP represents an installation-wide partnership that works to ensure that the very best placement is available for all children accessing CYS. If you have any questions or concerns, please contact:

- ★ ACS EFMP Manager: (719) 525-4590
- ★ CYS Coordinator: (719) 526-1100